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FOR IMMEDIATE RELEASE

April 4, 2012

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Mohall Area Safe Communities Coalition Encourages Parents to Talk to Their Teen about Prom Safety

Mohall, N.D. – Prom night is quickly approaching. Parents have a great opportunity to initiate a conversation with their teens about their prom plans and how to stay safe. The following Prom Safety Tips can help:

The Plan:

Let your teen know that your wish for them is to have a wonderful, memorable prom.

Ask for their complete plan for the evening including who, what, where, when, and how.

The Choices:

Discuss drinking, driving under the influence and sex. Ask them how they plan to keep safe and avoid making decisions they will regret.

Share your expectations for your teen regarding these difficult decisions.

Reinforce your family values so that when or if they find themselves in a difficult situation they'll make the right decisions.

Tell them they have a right to take a stand and not give in to peer pressure.

Remind your teen that one hasty decision has the potential to change their life forever.

The Connection:

Check in with your teen (call, text, etc.).

Be available to your teen at all times for them as well.

Check ahead of time with other parents if your teen plans to go to someone else's house. It is your right and responsibility to make sure that there will not be any drinking allowed in those homes.

The Offer:

Tell your teen that they can call you any time, any place for help or advice.

Let them know that you will pick them up any time of the day or night and promise not to offend or humiliate them in front of others.

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Tell them to use you as an excuse if they need to get out of a situation that is uncomfortable for them.

Keep these unconditional offers of help as continuous offers, not just for prom.

Be Involved:

Despite what you've heard about the power of peer pressure, it is the parents who are the greatest influence in determining whether their child will use alcohol or other drugs.

When it comes to the safety of your teen, "Be clear, be firm, be consistent...be the parent."

Having an ongoing conversation with your teen is an effective way to prevent underage drinking. Visit www.parentslead.org for information on how to start the conversation at any age or time! Sign up for monthly e-mails based on your child's age, ask Dr. Query a question, follow the blog, take the parenting style quiz, browse the resources, and also follow us on Facebook.

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